

## Butterfly Preparatory Pose 1

Level 1 / Posture 10

**Benefits:** Builds Strength in Lower Body, (Lower Back, Abdominals)

**Time to Do** 1 – 3 minutes

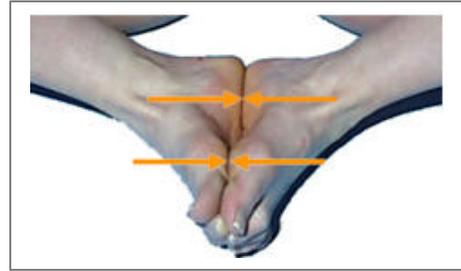
**Body Parts Used by This Posture:**

Lower Back, Abdominals, Inner Thighs

**Builds you up for:** The Butterfly. Poses that require strength in the lower back, abdominals and inner thighs.

**Combines Well with:** Twist, Leg Over, Side to Sides

**Energy Center Used:** Mostly Root center; also Belly center



This is a good muscle builder for the inner thigh, back and upper body. So it's a good preparation for doing many poses, including the Butterfly.

### Yoga Snack

Another great pose to play with while you're watching TV.

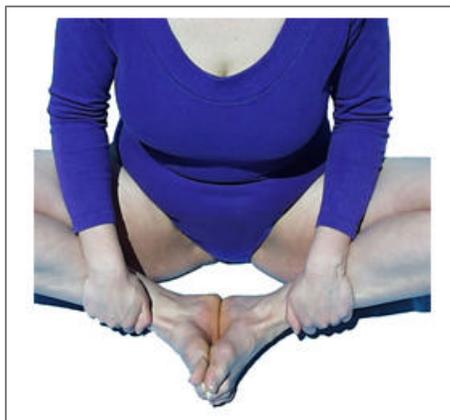
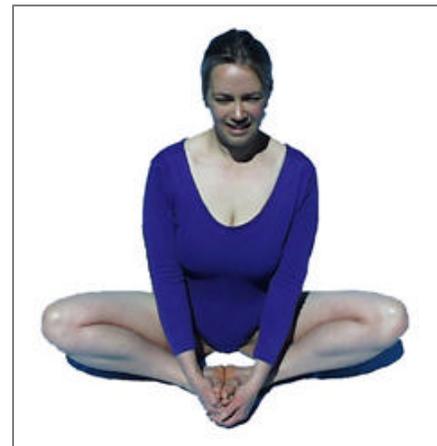
#### Start

Sitting on a firm surface, head up, looking forward.

Put the soles of your feet together  
Now see if you can hold on to your feet.

**TIP** Can you hold on to your feet without bending forward? Do not lean forward or hunch forward.

**Safety Tip** Please don't arch your back inward when you do this pose. This puts too much stress on your lower back.



#### Alternative Starting Positions

If you can't hold on to your feet without hunching forward – hold on to your legs.

**TIP** Remember to keep your head up, facing forward.

? 2002 Corinne Friesen [www.audioyoga.com](http://www.audioyoga.com)

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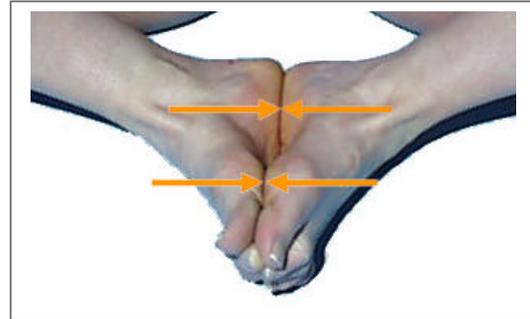
Level 1 / Posture 10

### Then

Push the soles of your feet firmly together.  
Where do you feel your body working?

#### You'll Feel This In:

You'll probably feel this in your inner thighs, your lower back and your abdominals.



### Then

Press harder.  
Are there any other muscles working now?

**HOLD 6** breaths

**Repetitions**

**3.** Pressing harder each time.

### Release

Straighten your legs **SLOWLY!**

### Follow Up

Follow with a pose that stretches the outside of the thigh, like the **Twist, Side to Sides, Leg Overs** or **Ankle to Forehead**. This will ease you out of that wobbly feeling like you've just gotten off a horse! It will also balance your muscle development.

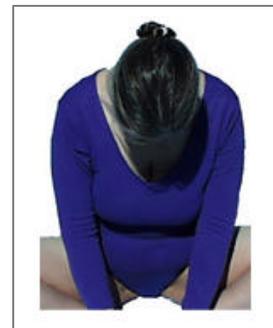
### Common Errors

**Hunching over.**

**Arching the back.**



**Not having the soles of the feet completely in contact with each other.**



**Dropping the chin.**  
This can strain the neck.

## Breathing



Settle into your starting position.

Breathe out, letting your weight drop into place.



Breathe in

Breathe out, press your feet together.



**Hold**

Breathe in & out  
**6 times**

Continuing to press firmly.

**Release**

Breathe in, allowing legs to come up & relaxing pressure on your feet.